

What is claimed is:

1. A method for stabilizing flavors in a prepared food comprising:

encapsulating said flavor with a cyclodextrin;  
recovering the encapsulated flavor; and  
adding the encapsulated flavor to a food during preparation.

2. The method of claim 1 wherein said cyclodextrin is an alpha, beta or gamma cyclodextrin or a modified alpha, beta or gamma cyclodextrin..

3. The method of claim 1 wherein said food containing said encapsulated flavor is a prepared frozen food.

4. The method of claim 1 wherein said food containing said encapsulated flavor is a prepared microwavable food.

5. The method of claim 1 wherein said flavor is raspberry or onion.

6. A method for stabilizing flavor in a prepared frozen food comprising:

encapsulating a flavor with a cyclodextrin;  
recovering the encapsulated flavor; and

adding the encapsulated flavor to a frozen food during preparation.

7. The method of claim 6 wherein said cyclodextrin is an alpha, beta or gamma cyclodextrin or a modified alpha, beta or gamma cyclodextrin.

8. A method for stabilizing flavor in a prepared microwavable food comprising:

encapsulating a flavor with a cyclodextrin;

recovering the encapsulated flavor; and

adding the encapsulated flavor to a microwavable food during preparation.

9. The method of claim 8 wherein said cyclodextrin is an alpha, beta or gamma cyclodextrin or a modified alpha, beta or gamma cyclodextrin.